

CONCORD GRAPE CRÈME PARFAIT

(makes 6 to 8 parfaits)

- 1 recipe Concord Grape Pie Filling
½ pt whipping cream
3 tbsp sugar
½ tsp vanilla
¾ cup sour cream

Simmer pie filling mixture until thick and clear. Chill. Whip cream with sugar and vanilla until stiff peaks form. Fold in sour cream. Alternate layers of chilled grape and cream mixtures in parfait glasses. Chill.

PETITE CONCORD GRAPE CHEESECAKE

(makes 20 individual cheesecakes)

- Half recipe Concord Grape Pie Filling
20 vanilla wafers

Cheesecake

- 2 pkgs (8 oz each) cream cheese, softened
¾ cup sugar
2 eggs
1 tbsp lemon juice
1 tsp vanilla

Simmer pie filling mixture until thick and clear. Chill. Line muffin tins with large paper baking cups. Place a vanilla wafer in each. Beat cheesecake ingredients until light and fluffy. Fill cups ¾ full with cheese mixture. Bake 15 to 20 minutes at 190°C (375°F). Cool. Top each with a tablespoon of grape filling. Chill.

MAKING HOMEMADE WINE

Wine making involves chemical processes that require close attention and proper techniques. The following are basic steps for making red wine from Ontario concord grapes. For more complete instructions on making wine, follow directions in Ontario Ministry of Agriculture and Food Publication 321, *Wine Making in Small Quantities*.

BASIC STEPS FOR RED WINE

1. Wash grapes thoroughly and remove stems.
2. Prepare yeast. Begin by squeezing grapes through a piece of cheesecloth. Bring some of this juice to the boil and half-fill a 26-ounce bottle. Stopper opening with clean absorbent cotton. Cool to room temperature. Add about ½ tsp of dry wine yeast (available at wine supply stores). Swirl contents twice each day until fermentation is active — a bubbling foam is formed in about 48 hours.
3. Crush grapes and pour juice into a clean open container for the first fermentation. Fill container only two-thirds full. Crushing can be done with hands, a potato masher, or any other clean suitable instrument.
4. Partially sterilize crushed grapes by mixing ¼ tsp of potassium metabisulfite or potassium bisulfite to each gallon of juice. Leave mixture for 24 hours.
5. Check temperature of crushed sterilized mixture. If temperature is below 18°C (65°F) the crushed mass should be warmed, which can be done by standing a container of hot water in the liquid. Replenish hot water until the whole mass is between 22 and 27°C (70 and 80°F).
6. When actively fermenting, stir bottle of yeast-juice mixture into crushed grapes. Stir twice each day until fermentation is indicated by the formation of a cap of skins on top of the juice, or by a bubbly foam if skins aren't present. (A quart of fermenting juice is enough to start the fermentation of 5 gallons of crushed grapes.)
7. Allow the initial skin fermentation to continue for 72 hours. During this time push caps of skins into the fermenting juice at least once each day to ensure maximum color extraction. Remove fermenting liquid and strain. Discard skins and seeds.
8. Measure the liquid and place it in a clean, narrow-necked container such as a carboy or barrel with a small opening. Add 1½ lb of sugar to each gallon of the liquid and allow fermentation to continue three weeks until there is no further activity. For this latter stage of fermentation, air-locks (available at wine supply stores) should be installed in the narrow-necked containers. In three or four weeks when fermentation is complete, remove wine from sediment and add ¼ tsp potassium metabisulfite per gallon of wine.
9. Allow the wine to stand in a cold room at a temperature close to freezing for another three weeks to permit further cleaning and settling.
10. Rack the wines by drawing off the clear wine into bottles or clean wooden containers. Stopper tightly and store in a cool place.

ONTARIO CONCORD GRAPES

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ONTARIO CONCORD GRAPES

The rich flavor and color of Ontario concord grapes have made them favorites of processors for wines, juice, and preserves. Now these same qualities are being newly discovered for home uses. Delightful to eat out of hand, they also lend themselves to a variety of delicious dessert treats. Buy them in 2-litre baskets for table use or in 4-qt baskets for preserving.

FREEZING

Ontario concord grapes are easy to freeze, and can be used in place of fresh grapes in every recipe. They retain their intense color and flavor and hold their shape well when thawed. Since their high sugar and acid levels act as natural preservatives, sugar is not added when freezing grapes.

To freeze, wash carefully. Drain well. Detach from stems. Measure, pack into freezer containers, label and freeze.

The fresh grape season is short, so pack a good supply into the freezer for use in these delicious recipes all year 'round. Other varieties of Ontario blue grapes can be substituted in any recipe calling for concord grapes.

BOTTLED GRAPE JUICE

(makes 2 pints concentrate)

5 cups washed and stemmed Ontario concord grapes
2 cups hot water

Combine grapes and water in saucepan. Bring to boil. Simmer, covered, 30 minutes, or until very tender. Strain through a fine sieve. For each cup juice, add ¼ cup sugar. Return to boil. Pour into hot mason jars. Apply lids. Process in a boiling water bath, 10 minutes. To serve, dilute half and half with cold water. Juice may be frozen instead of processed.

GRAPES À LA CRÈME

(makes 5 to 6 servings)

3 cups washed and stemmed Ontario concord grapes
½ cup sour cream

Brown sugar or crème de cacao

Fold sour cream gently into grapes. Chill at least 2 hours. Serve in dessert dishes. Sprinkle with brown sugar or crème de cacao.

ONTARIO CONCORD GRAPE JAM

(makes 5 jelly jars)

6 cups washed and stemmed Ontario concord grapes
1½ cups water
Sugar

Slip skins from grapes. Barely cover skins with water (about 1½ cups). Bring to a boil. Boil for 10 minutes. In another saucepan boil pulp until soft, 10 minutes. Rub through a sieve to remove seeds. Combine pulp and skins. Measure (makes approximately 4 cups). Add ½ cup sugar to each cup of mixture. Quickly bring to a boil. Boil, stirring, until consistency of jam (about 8 minutes). Ladle into hot sterilized jars. Seal with paraffin.

SKINLESS CONCORD GRAPE JAM

(makes 6 jelly jars)

12 cups washed and stemmed Ontario concord grapes
1 lb sugar (2½ cups)

Place grapes in a large saucepan. Crush slightly. Cook over medium heat, stirring occasionally, for 15 minutes, or until skins and pulp are soft. Press through a sieve to remove skins and seeds. Makes about 6 cups of pulp.*

Add sugar to pulp. Bring to a boil and, stirring occasionally, boil gently for 30 minutes or until thick. Ladle into hot sterilized jars. Seal with paraffin.

**Pulp can be made ahead and frozen for future jam making.*

GRAPES 'N YOGURT

(makes 3 cups)

6-oz container plain yogurt
3 tbsp sugar
½ tsp almond extract

2½ cups washed and stemmed Ontario concord grapes
2 tbsp blanched, slivered almonds, toasted

Combine yogurt, sugar and almond extract. Fold in grapes. Serve in sherbet glasses. Top with almonds.

CONCORD GRAPE PIE FILLING

5 cups washed and stemmed Ontario concord grapes
1 cup sugar
2 tbsp cornstarch
¼ tsp salt
2 tsp lemon juice

Slip skins from grapes, reserve. Place pulp in saucepan, bring to boil; reduce heat. Simmer 5 minutes. Sieve to remove seeds. Mix pulp and skins. Mix remaining ingredients, add to grape pulp and skin mixture.

The above filling is used in all of the following recipes.

ONTARIO CONCORD GRAPE PIE

1 9-inch unbaked pastry shell
1 recipe Concord Grape Pie Filling

Pour pie filling into pastry shell. Sprinkle with crumb topping. Bake 30 to 35 minutes at 220°C (425°F). Chill before serving to allow filling to thicken.

Crumb Topping Combine ½ cup flour and 2 tbsp sugar. Cut in 2 tbsp butter until crumbly.

ONTARIO CONCORD GRAPE COBBLER

(makes 6 to 8 servings)

1 recipe Concord Grape Pie Filling
1 cup flour
3 tbsp sugar
1½ tsp baking powder
½ tsp salt
2 tbsp butter
¼ cup light cream
1 egg
½ tsp vanilla

Pour prepared pie filling mixture into an 8 x 8 inch baking dish. Sift together dry ingredients. Cut in butter until well combined. Stir in lightly beaten mixture of cream, egg and vanilla. Drop batter by spoonfuls over grape mixture. Bake 20 to 25 minutes at 200°C (400°F).